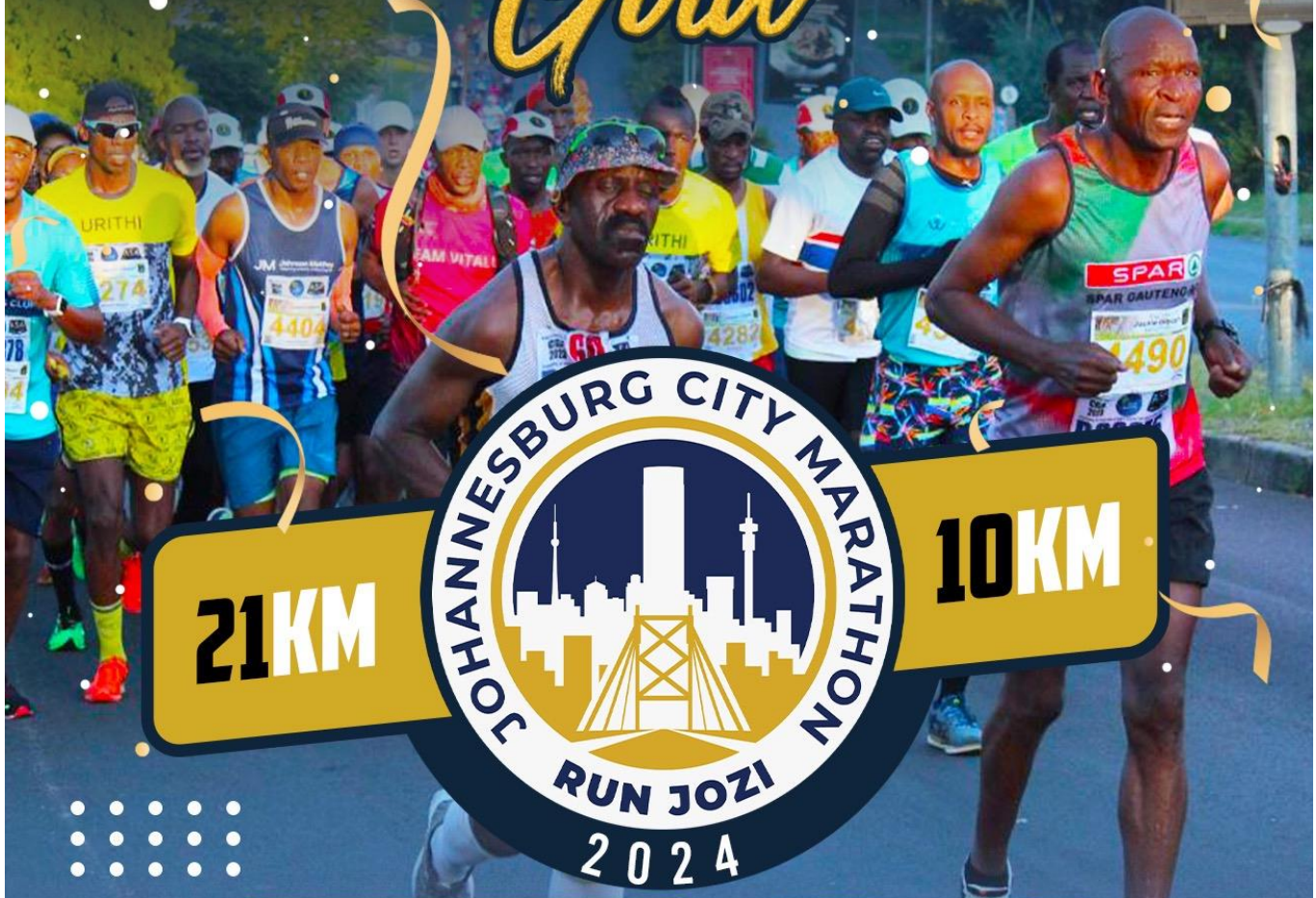


# THE RACE OF *Gold*



**21KM**



**10KM**



## ENTRY FEES

	42.2KM	21.1KM	10KM
	R350	R250	R150
Grandmaster	R250	R150	R70
temp. license	R200	R70	R60

## DATE

SUNDAY  
**24**  
MARCH  
2024

## TIME

42.2KM  
05H30  
-----  
21.1KM  
05H30  
-----  
10KM  
07H00



Kliprivierberg Recreation Centre  
Kibler Park, Johannesburg South



Essential Comrades  
Qualifier/Preparations



**Motus**

## RACE NOTES

1. WALKERS ARE WELCOMED ON THE HALF MARATHON AND 10KM ONLY.
2. CUT-OFF FOR BOTH 21.1KM AND 42.2KM IS STRICTLY 12:00.
3. RUNNERS WILL BE ASKED TO LEAVE THE ROUTE AFTER 12:00 AS THE SUPPORT WILL BE WITHDRAWN.
4. PLEASE HELP US REDUCE WASTAGE AND ABUSE BY TAKING NO MORE THAN ONE COKE AND TWO WATER SACHETS PER TABLE.
5. HALF WAY CUT-OFF FOR 42.2KM WILL BE 2 HOURS 45 MINUTES.
6. TOG BAG AREA WILL BE AVAILABLE AT THE VENUE.
7. ENTRIES WILL CLOSE ON THE 8<sup>TH</sup> OF MARCH 2024.

### SHOP ENTRIES

SWEAT SHOP DUNKELD  
WEST CENTRE, JAN  
SMUTS AVENUE.

SPORTSMAN  
WAREHOUSE THE  
GLEN

### 42.2KM PRIZES

	1	2	3
OPEN	R10 000	R5000	R2500
VETERANS	R1000		
MASTER	R1000		
GRANDMASTER	R1000		

### 21.1 KM PRIZES

	1	2	3
	R2500	R1500	R1000
	R750		
	R750		
	R750		

### 10 KM PRIZES

	1	2	3
	R1500	R1000	R500
	R400		
	R400		
	R400		

### 10 KM JUNIORS PRIZES

	1	2	3
	R1000	R500	

## RACE NUMBER COLLECTION

### ATHLETES CAN COLLECT THEIR RACE NUMBERS ON

THURSDAY 21 <sup>ST</sup> MARCH 10H00-17H00	FRIDAY 22 <sup>ND</sup> MARCH 13H00-17H00	SATURDAY 23 <sup>RD</sup> MARCH 10H00-17H00
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SUBSTITUTIONS AND DOWNGRADES WILL BE ONLY DONE ON THESE DAYS

### TEMP. LICENSES

10KM=R60

21KM=R70

42KM=R200

### COLLECTION OF RACE PACKS BETWEEN 4AM-5AM ON RACE DAY

### TIMING

Will be mat- to- mat (start line, to finish line, this is only for the 42.2km and 21.1km)

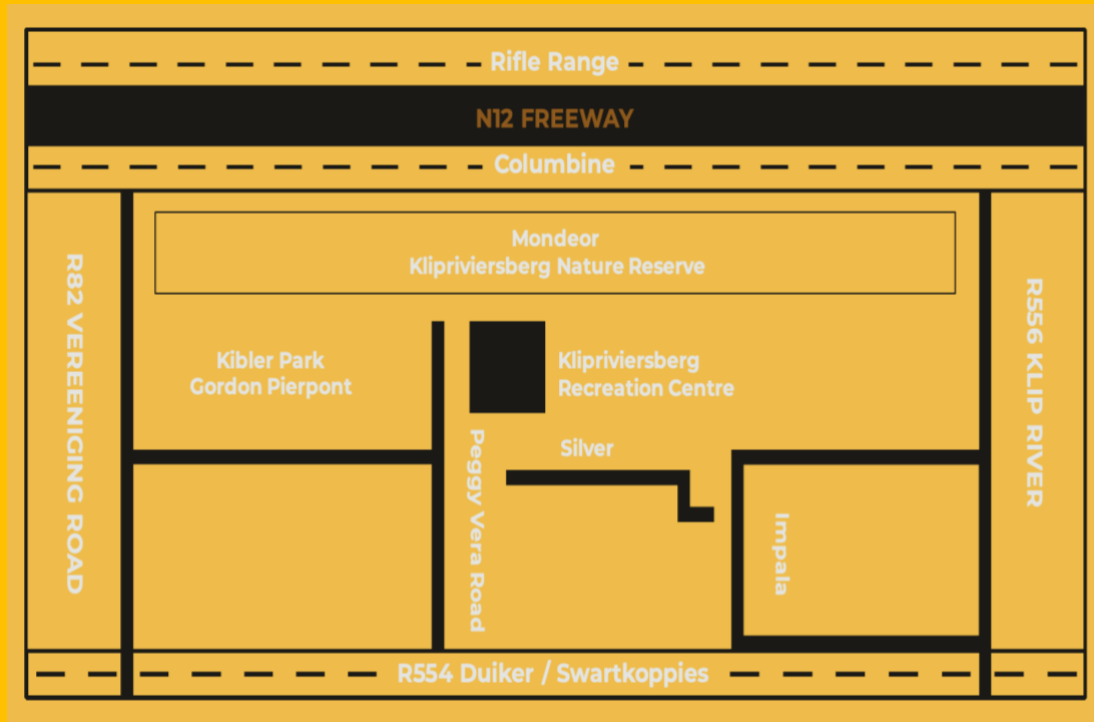
Participants must cross all mats (start line, on route and finish) to record official times. Failure to do so could result in no official record/result or disqualification.

# RACE RULES

ALL CLUBS HOLDING EVENTS IN CGA MUST ADHERE TO THE FOLLOWING RACE RULES:

1. THE EVENT IS HELD UNDER THE RULES OF ASA AND CGA.
2. ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND ORGANIZERS OF THE RACE AGAINST ANY OR ALL ACTIONS OF WHATSOEVER NATURE, WHATEVER THE SAME MAY ARISE OUT OF THEIR PARTICIPATION IN THE RACE.
3. ALL ATHLETES PARTICIPATE AT THEIR OWN RISK. ATHLETES ACKNOWLEDGE BY ENTERING THE EVENT THAT THEY ARE MEDICALLY FIT TO PARTICIPATE. ALL ATHLETES MUST SUPPLY THE NAME AND CONTACT NUMBER OF THEIR NEXT OF KIN ON BOTH THE RACE NUMBER AND ENTRY FORM.
4. LICENSED ATHLETES MUST WEAR CLUB COLOURS AND THEIR 2024 LICENSE NUMBER BACK AND FRONT, ON THE UPPER BODY OF THE GARMENT AND THE ISSUED RACE NUMBER WORN ON THE FRONT OF VEST WITHOUT CONCEALING THE SPONSORS NAMES. LICENSED ATHLETES WHO DO NOT WEAR THEIR 2024 LICENSE NUMBERS MUST PURCHASE A TEMPORARY LICENSE ON THE DAY OR FACE DISQUALIFICATION.
5. TEMPORARY LICENSED ATHLETES TO WEAR PLAIN CLOTHING WITH THE ISSUED TEMPORARY LICENSE ON THE BACK OF THEIR VEST.
6. ATHLETES COMPETING FOR CATEGORY PRIZES MUST WEAR CLEARLY VISIBLE AGE TAGS OF THE APPROPRIATE SIZE, ON THE BACK AND FRONT OF THEIR RUNNING VEST.
7. NO SECONDING ALLOWED.
8. INTERNATIONAL ATHLETES MUST PROVIDE A CLEARANCE LETTER (FROM THEIR COUNTRY OF ORIGIN) TO THE ORGANIZERS AND CHIEF REFEREE PRIOR TO THE START OF THE EVENT. PRIZES WILL BE WITHHELD IF THIS RULE IS NOT ADHERED TO.
9. WALKERS COMPETING FOR WALKERS PRIZES (IF ANY) MUST WEAR WALKER TAGS ON THE FRONT AND BACK OF THEIR RUNNING VEST AND ADHERE TO IAAF RULE 230.
10. NO BLADES, CYCLIST OR MECHANICALLY OPERATED DEVICES ALLOWED IN THE RACE
11. NO 2, 3 OR 4 WHEEL CARTS/PRAMS WHICH ARE MECHANICALLY OR MANUALLY OPERATED BY PARTICIPANTS, OR WHEELCHAIRS ATHLETES WILL BE PERMITTED TO PARTICIPATE WITHOUT SPECIAL PERMISSION HAS BEEN GRANTED FROM THE RACE ORGANISERS. ALL SUCH PARTICIPANTS MUST START AT THE BACK OF THE FIELD.
13. NO ANIMALS/PETS ARE ALLOWED TO PARTICIPATE.
14. ONLY SOUTH AFRICAN ATHLETES ARE ELIGIBLE FOR TEAM PRIZES. THE DOMICILE RULE APPLIES.
15. ALL INSTRUCTIONS FROM TRAFFIC AND RACE OFFICIALS MUST BE OBEYED AT ALL TIMES.
16. PROOF OF AGE FOR PRIZE WINNERS IS REQUIRED AND MUST BE PRESENTED TO THE REFEREES BEFORE PRIZE GIVING. PRIZES WILL BE WITHHELD UNTIL ALL THE NECESSARY DETAILS OF THE WINNERS ARE CONFIRMED.
17. ONLY THOSE WHO HAVE COMPLETED ALL THE INFORMATION REQUIRED IN THE RACE ENTRY/NUMBER ARE ELIGIBLE FOR PRIZES.
18. NO REFUNDS.
19. NO EARPHONES, IPODS AND THE LIKE ARE ALLOWED AND CONTRAVENTION OF IAAF RULE 144.2B, MAY LEAD TO DISQUALIFICATION.
20. ATHLETES MAY NOT RUN WITH ANOTHER ATHLETE'S RACE NUMBER UNLESS BY PRIOR ARRANGEMENT WITH THE RACE ORGANIZER.
21. THE RACE ORGANIZER RETAINS THE RIGHT TO REFUSE ENTRY AND EJECT PERSONS UNDER THE INFLUENCE OF DRUGS OR ALCOHOL, WHO ARE DISORDERLY, OR ENGAGE IN INAPPROPRIATE BEHAVIOUR, VANDALISM OR EVADE PAYING FOR ADMISSION.
22. ATHLETES WHO PARTICIPATE WITHOUT BUYING A RACE ENTRY WILL BE DISQUALIFIED, WILL NOT BE ENTITLED TO ANY BENEFITS ASSOCIATED WITH THE RACE AND WILL BE LIABLE FOR A DOUBLE ENTRY FEE CHARGE. HABITUAL OFFENDERS (THOSE WHO REGULARLY PARTICIPATE WITHOUT PURCHASING A RACE ENTRY) WILL BE CALLED TO A CGA DISCIPLINARY.
23. LICENCED ATHLETES NOT WEARING CLUB COLOURS MAY FACE DISQUALIFICATION.
24. LITTERING IS NOT ALLOWED. ATHLETES ARE TO DISPOSE OF ANY LITTER IN APPROPRIATE BINS. ATHLETES CAN BE DISQUALIFIED IF THEY LIT TER.
25. OBJECTIONS/DISPUTES MUST BE LODGED WITHIN 30 MINUTES BEFORE AND AFTER PRIZE GIVING IN WRITING TO THE CHIEF REFEREE ACCOMPANIED BY R500.00 WHICH IS REFUNDABLE IF THE APPEAL IS UPHELD.
26. NO ATHLETES SHOULD BE DENIED HIS/HER PRIZE MONEY IF HE/SHE HAS ENTERED A RACE, AND ALLOWED TO START WITHOUT AN ELECTRONIC CHIP, PROVIDED THAT THE REFEREES HAVE SPOTTED HIM/HER AT EACH AND EVERY CHECK POINT. THIS IMPLIES THAT THE ATHLETE HAS RAN THE ENTIRE RACE AND WON FAIRLY.
27. FOREIGN ATHLETES ARE NOT ALLOWED TO RUN WITH A ASA PROVINCIAL LICENSE AND ARE REQUIRED TO PURCHASE A TEMPORARY LICENSE OR FACE DISQUALIFICATION. (REFER TO IAAF RULE 4.)
28. FOREIGN ATHLETES ARE NOT ALLOWED TO RUN IN CLUB COLOURS UNLESS SUCH CLUB EXIST IN THEIR COUNTRY OF ORIGIN OR THEY ARE IN POSSESSION OF A REFUGEE STATUS PERMIT OR ARE NATURALIZED CITIZENS OF RSA. AGE REQUIREMENTS ARE RACE/DISTANCE DEPENDENT:

- |  |  |
|--|--|
| 1. <b>10KM:</b> MINIMUM AGE IS 14 YEARS. | 3. <b>21.1KM:</b> MINIMUM AGE IS 16 YEARS. |
| 2. <b>15KM:</b> MINIMUM AGE IS 16 YEARS. | 4. <b>42.2KM:</b> MINIMUM AGE IS 20 YEARS. |



**KLIPRIVIERSBERG RECREATION CENTRE, CNR PEGGY VERA AND SUNNINGDALE ROAD, KIBLER PARK.**

**RACE ENQUIRIES: 072 679 0874 OR VIA EMAIL [ADMIN@JOBURGHARRIERS.CO.ZA](mailto:ADMIN@JOBURGHARRIERS.CO.ZA)**